

# **School Nurse Asthma Checklist**

With the beginning of the school year approaching, here is a quick checklist to help you prepare for students with asthma.

## **Make sure you:**

- ☒ Know which students have been diagnosed with asthma (about 8% or 1 in 12 children under 18 have asthma in Indiana).
- ☒ Collect an asthma action plan for all students with asthma.
- ☒ Collect all medications and forms for students with asthma medication at school, including those who self-carry.
- ☒ Confirm teachers with a student with asthma know how to respond to an asthma attack, and if possible, provide suggestions for removing classroom triggers.
- ☒ Confirm all physical education teachers and coaches know how to respond to an asthma attack.
- ☒ Watch for signs of uncontrolled asthma, such as:
  - Missing school because of asthma
  - Using quick-relief medication more than two times per week (this does not include pre-treatment for triggers like exercise)
- ☒ Have a policy for communicating with parents if a child's asthma is not controlled.
- ☒ Evaluate inhaler technique to make sure students are getting the most out of their medicine.
- ☒ Talk with administrators or maintenance staff if environmental asthma triggers are not being addressed appropriately at your school. The Environmental Protection Agency has a free program called *Tools for Schools* that can be used to address indoor air quality and asthma triggers ([www.epa.gov/iaq/schools/toolkit.html](http://www.epa.gov/iaq/schools/toolkit.html)).
- ☒ Consider hosting an asthma management program for students with moderate to severe asthma like *Open Airways* from the American Lung Association or *Power Breathers* from the Asthma and Allergy Foundation of America. If you are not able to facilitate the sessions, see if a teacher, parent, or representative from a local hospital or physician's office would be able to help.
- ☒ Contact the Asthma Program at 317-233-7793 for more asthma resources.

**Asthma Program**  
Indiana State Department of Health

For more information, visit [www.asthma.in.gov](http://www.asthma.in.gov).